

For this activity you will need:

- Drawing/ writing materials
- Paper/ scrapbook
- A sealable box or container
- Sticky tape
- Somewhere to bury or store the capsule
- Camera (optional)
- Newspapers etc (optional)



What is the learning in this activity?

Ages: 3 + You can make this as simple or as complex as you wish, according to your child's age and interest

Purpose: This activity provides children with an opportunity to explore and share their thoughts and feelings and to reflect on the things about themselves and their families that are unique and special. And when the capsule is opened again it provides opportunity to talk about and understand time, change and the impermanence of things.

Let's make!

1. Talk together about the idea of a time capsule, and how it holds information like treasure to be found at a later date. Ask your child if they'd like to record their thoughts and feelings from today so that you can reflect back on them in the future..
2. Make a drawing or take a photo of your family.
3. Write a short story describing your day or week, and all the things you did the people you saw, making sure to include something you liked, or that made you feel happy.
4. Make a list of your favourite things, and 3 things you are grateful for today.
5. Try writing a letter to yourself -talking about the things you admire and like most about yourself and why.
6. Seal these things inside your capsule and choose a place to store it. This might be a hole dug in the garden, or in a shelf in your house. Agree on a time that you will find and open the capsule. It doesn't have to be a long stretch of time. Even a few days will provide opportunity to talk about what is the same and what is different to the things recorded in the capsule.

Let's talk..

Qs - When you open the capsule ask your child: What has changed? What has stayed the same? Tell me about it. How does seeing and reading your time capsule make you feel?

We'd love to see your creations and home based play.

Share with us on Facebook @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au